



*SEATTLE PARKS
AND RECREATION*

MILLER

Community Center

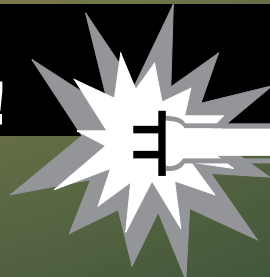
Program Dates: Sept 18 to Dec 31 (unless otherwise noted) ★ Register Now!



FALL 2006



REGISTER ONLINE · it's easy!
www.seattle.gov/parks



SPARC

Miller Community Center

330 19th Avenue E
Seattle, WA 98112
Phone: 206-684-4753 Fax 206-684-4397
Visit us online at www.seattle.gov/parks!

Hours of operation

Monday, Wednesday, & Friday	1 to 9 p.m.
Tuesday & Thursday	10 a.m. to 9 p.m.
Saturday	10 a.m. to 5 p.m.
Sunday (Beginning Sep 9)	Noon – 5 p.m.

Program registration

Begins Monday, August 14

Program dates

September 18 to December 31 (unless otherwise noted)

Holiday closures

Monday, September 4, Labor Day
Friday, November 10, Veterans' Day (observed)
Thursday, November 23 & Friday, November 24,
Thanksgiving Holiday
Monday, December 25, Christmas Day
Monday, January 1, 2007, New Year's Day

Metro Bus Routes

Routes 8, 12, and 43 stop at 19th Ave E & E Thomas St
(1 block north).
Route 48 stops on 23rd Ave (4 blocks west).

Directions

Miller Community Center is located on Capitol Hill next to
Miller Playfield and Meany Middle School (four blocks east
of Group Health Central Hospital/Urgent Care).

South on I-5:

Take the WA-520 exit. From WA-520, take the Montlake
exit, go to the light, and turn right. Drive approximately
1½ miles to the top of the hill where the street becomes
23rd Avenue. Turn right on John Street, go up the hill to
the four-way stop at 19th Avenue East, and turn right.

North on I-5:

Take the Madison Street exit. Go past the Dearborn and
James Street exits onto the Madison Street exit. Turn
right on Madison Street and drive east approximately 1½
miles to 19th Avenue. Turn left and drive to the four-
way stoplight at Thomas Street. Continue north on 19th
Avenue East for ½ mile.

Mission

Seattle Parks and Recreation will work with all citizens
to be good stewards of our environment, and to provide
safe and welcoming opportunities to play, learn, contem-
plate and build community.

Management Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Christopher Williams, Parks & Recreation
Operations Director
Robert Stowers, Central East Recreation Manager

Professional Staff

Thavy Pen – Coordinator
Zoom Piksa – (out of class) Asst Coordinator
Zebedee Hill – Recreation Attendant
Robert Verdecias – Maintenance Laborer
Audrey Weaver – Recreation Attendant
Traci Grant – Teen Development Leader
Ari Tillman – After School Director
Donald Bressler – After School Assistant
Jamahl Wilcox – After School Assistant

Payment

You can pay for classes and other activities by mail, in person
during regular facility hours, or by telephone with a credit card.
We accept Visa, MasterCard and American Express. **Please
make checks and money orders out to CITY OF SEATTLE.**
Please Note: Payment is due when you register, unless we have
indicated otherwise. If your check is returned for insufficient
funds, your registration will be cancelled until you pay the
amount due, plus a \$20 fee. (Credit card or cash only.) You may
also pay for many classes online; visit www.seattle.gov/parks.

Refunds

It is the policy of Seattle Parks and Recreation and the
Associated Recreation Council that:

- Anyone who registers for a class, camp, special event
or program that is cancelled for any reason by Parks
and Recreation or the Advisory Council will receive a
full refund.
- Anyone who registers for a day camp, trip, overnight camp,
special event, or facility rental, and who requests a refund
14 days or more before its start (or before the second
session of a class), may receive a refund minus a service
charge.
- Anyone who registers for a day camp, trip, overnight
camp, special event, or facility rental, and who with-
draws from the activity fewer than 14 days before its
start (or after the second session of a class), will receive
no refund.
- Please read the entire policy, #7.16, for specific informa-
tion.

SPARC is here — you can now register for classes online!

To get started, simply come into Miller Community Center, present your picture ID, and get your bar-
code and PIN. Then, go to <http://egov1.seattle.gov/parks> and follow the online directions to register.

Special Events

Halloween Carnival

Want a safe place for your kids to Trick or Treat? Then Miller is the place to be. There will be arts/crafts and game activities for all ages. Prizes will be given at each game. Apple cider and cookies will be served. Adult and teen volunteers needed.

Ages Children 10 & Under w/Parents

Fri, Oct 27 6 – 8 p.m.

Fees: 2 cans of food for Food Lifeline

Location: Gym



Toddlers/Preschoolers

Mitey Mites Toddler Indoor Playground \$1 drop-in/child

For those rainy Seattle days we offer a play group for children ages 6 months to 5 years. Come meet other parents with toddlers and infants and make new friends. Punch cards are available. This activity is parent supervised and set up.

Age: 6 months to 5 years old

Tue/Thu 10 a.m. – Noon Sep 5 – Dec 30

Fees: \$1 drop-in fee per child. 10-visit punch card available for \$10.

Location: Gym



Preschool \$275/month

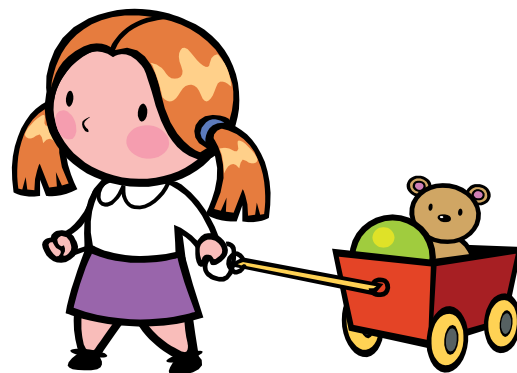
Ages 4 – 5

Miller Preschool is a child-centered and play-based preschool. Teachers plan activities according to the different interests and abilities of the different children. This approach centers on every child natural curiosity and desire to learn, and fosters self-confidence that is critical for school readiness.

Two and three day per week options also available. 2 days: \$175; 3 days: \$230

Location: Kids Room

#10118 Mon – Fri 10 a.m. – 2 p.m. 9/11 – 9/29



Youth/Teen Programs

After School Care Program \$245/mth

Age: Kindergarten to 5th Grade

The after school program is theme-based. Each month's activities are planned to include art, music, dance, sports, science, swimming, environmental stewardship, cooking, and field trips. An important emphasis for the program is tutoring and homework help. Each day will challenge the mind and body



with creative programming. Seattle Public Schools will transport children on a school bus upon request. Parents must contact school transportation at 206-252-0900. Maximum 40 youth.

DSHS clients are welcome to apply. For all other scholarship information, please contact Miller Community Center staff.

Second child discount \$235/month.

Instructor: Ari Tillman

Location: Multipurpose Room # 1

Mon – Fri 3 – 6 p.m.

Please note: you must register at the community center for After School Care.

Registration Information

Dates	Barcode
9/5 – 9/29	#8908
10/2 – 10/31	#8909
11/1 – 11/30	#8910
12/1 – 1/4	#8911

Holiday Camp

Ages 5 – 12

Enriching out-of-school time for kids

Location: Multi-Purpose Room

Week 1

\$145

Second child discount: \$140

#10112 Mon – Fri 7 a.m. – 6 p.m. 12/18 – 12/22

Week 2

\$116

Second child discount: \$112

#10113 Tue – Fri 7 a.m. – 6 p.m. 12/26 – 1/1



All Day Camp

Ages 5 – 12

Do you need childcare for one day while the kids are out of school? Sign them up for Yesler's one day camp. Our staff will keep them busy with fun filled activities throughout the day.

Location: Multi Purpose Room – 1

#10104 Fri, Oct 13 7 a.m. – 6 p.m.

Fees: After school care participants \$15; non-participants \$29.

H.E.L.P. Tutoring

Free

Join the Hollywood Education and Literacy Project of Puget Sound. This program offers study and learning skills developed by humanitarian and educator L. Ron Hubbard to eradicate the barriers to study so you can learn to do anything you desire in life. Please call 425-458-4366 to schedule a tutoring session.

Instructor: Azi Colling

Ages Youth/ Adults

Saturdays 10 a.m. – 2 p.m. Sep 24 – Dec 10

Location: Multipurpose Room #1



Karate – Youth

\$100

Ages 8 – 16

For youth willing to learn and demonstrate courage and discipline through physical fitness and discipline.

Location: Multi-Purpose Room

#10114 Mon/Fri 6 – 7:30 p.m. 9/18 – 12/1

Youth/Teen Programs

Lil' Dribblers Basketball

\$35

Ages 5 – 7

Focus on skill development and learning basic techniques and the fundamental of basketball. Games held on Wednesdays. COACH NEEDED.

Location: Gym

#10116 M/W 5 – 6 p.m. 6 weeks

Session 1 11/27 – 1/3

Session 2 1/8 – 2/14

Session 3 2/19 – 3/28

Flag Football

\$30

Ages 10 – 12

Players learn basic skills, team play, and sportsmanship needed to participate on a citywide basis. Players sign up at community centers and are placed on teams. Leagues are formed and games are played in accordance with NFL flag football rules and field dimensions..

Location: Outdoor Space

Registration Information

Age Group	Barcode
6 – 7	#10107
8 – 9	#10108
10 – 11	#10105
12 – 14	#10106

Girls Volleyball

\$45

Ages 10 – 17

Volleyball is a game that can be played and learned with little or no experience. Girls will learn the basics of volleyball in a recreational setting. Practice days and times are determined by the availability of a volunteer coach. Players sign up at their local community center and practice there, with games being played at central community center sites. Leagues are formed and play begins the week of September 19 and conclude the week of Nov 14.

Location: Gym

Registration Information

Age Group	Barcode
10 – 11	#10109
12 – 13	#10110
14 – 17	#10111

Nerf Indoor Soccer

\$45

Ages 5 – 7

Come play the game of soccer inside! Come learn the basics of soccer which includes passing, kicking, throw-ins and teamwork. Meet new friends and learn a new skill. Game will be on Fridays. Adult volunteer coaches needed.

Location: Gym

#10117 T/Th 5 – 6 p.m. 9/19 – 11/9

CUB Basketball

\$55

Ages 8 to 9

Cub league basketball is organized for youth ages 8-9 years of age. Instruction and games included. Check out specifics at each local site.

Registration Information

Age Group	Barcode	
	Boys	Girls
8	#10268	#10270
9	#10269	#10271

Citywide Basketball

\$65

Ages 10 – 11

Boys and girls ages 10-17 will play on a competitive league, which will help them develop their sportsmanship skills.

Location: Gym

Registration Information

Age Group	Barcode	
	Boys	Girls
10 – 11	#10175	#10272
11 – 12	#10236	#10273
12 – 13	#10237	#10274
13 – 14	#10238	#10275
14 – 15	#10239	
16 – 17	#10240	
14 – 17		#10276



Miller Teen Program

Miller Teen Program

The Miller Teen Program is dedicated to educating and motivating teens to develop leadership and courage through integrated developmental assets. These assets include education opportunities, special events, life skills workshops, Teen Council, job readiness, group games, field trips, and much more.

All Teen Program participants must have a Parent/Guardian Authorization form and Participant Behavior Contract signed by teen, parent or guardian, and Teen Development Leader.

Most programs are free. Others have a fee depending on the activity.

Week without Violence

October 16 – 21, 2006

For more information, please call Traci Grant at 206-684-4753.

Ages Middle School/ High School Teens

Free Cost: TBA

Location: Outside Vendors



Miller Teen Advisory Council

Now Recruiting! If you have fundraising ideas, like planning special events, learn about service learning hours or just want to show off your leadership skills, you are invited to join our meetings. Registration is required. For more information, please contact Traci Grant (TDL) or Imani Siu-Chang (Teen Council President).

Class meets on every third Thursday of each month. Time: TBA

Instructor: Traci Grant

Computer Lab

Free

Monday - Friday:

2:30 – 6 p.m.

6 – 8 p.m.

7 – 8:30 p.m.

Open Lab – Youth)

Technet Program

Open Lab – Adults



Adult Programs

Adult Drop-in Sports Fee

The City of Seattle charges an Adult Sport Drop-in Fee during all operating hours. The fee is **\$2 per session for adults (ages 18 to 64)** and **\$1 per session for seniors (ages 65+)**. This fee applies when space is reserved and advertised for scheduled adult sports drop-in programming. **Please pay at the front desk.**

Open Gym Hours are subject to change with or without notice. Every effort will be made to give notification when changes or cancellations occur.

Adult Drop-in Volleyball \$2 Drop-in

Come practice your volleyball skills. Adults only. *Special note: last day of weekday drop in volleyball is November 30



Age:
Adults only
Sundays
(Beginning Sep 10)
Noon – 4:45 p.m.
Mon/Wed 6 – 8:45 p.m.
Location: Miller Gym

Adult Drop-in Badminton \$2 Drop-in

Special note program will end November 30. City-wide Basketball leagues begin.

Ages Adults Only

Tue/Thu

6 – 8:45 p.m.

Saturdays

Noon – 4:45 p.m.



Adult Drop-in Basketball \$2 Drop-in

Ages 18 & up

Thu 12:30 – 2:30 p.m. Sep 21 – Nov 30

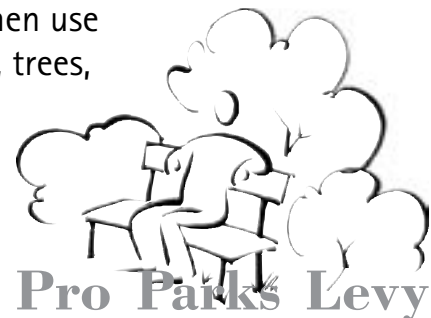
Sat 10 a.m. – Noon Sep 23 – Dec 16

Location: Gym

The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



Adults

Adult Watercolor Classes \$37⁵⁰/class**Ages 18 and older**

Wear an apron. A class supply list will be available at the front desk for students to purchase their class supplies.

Beginning Watercolor

Instruction in fundamental watercolor technique with introduction of materials. Emphasis will be on increasing control of the media and compositional elements. Various exercises will be introduced to develop color, light, texture, and shape awareness. Most classes will be concerned with still life set up in the classroom. **Beginning classes are taught on Tuesdays.**

**Advanced Watercolor**

Emphasis on creative exploration of color, shapes and composition in the watercolor medium. Most classes will offer a variety of still life materials. **Advanced classes are taught on Thursdays.**

Instructor: Barbara Britts

Location: Multipurpose Room #2

Session 1

#10119 9/19 – 10/26 T/Th 1 – 3 p.m.

Session 2

#10120 10/31 – 11/30 T/Th 1 – 3 p.m.

Wellness through Chair-Robics Free**Ages 18+**

For anyone who is not active now but would like to be, this class builds strenght and enhances your level of health. (Ages 18+) Class is offered through the Country Doctor Community Clinic. Please call Nancy to register: 206 299-1619

Tuesdays 1:30 – 2:30 p.m. Sep 19 – Dec 12

Location: Multipurpose Room

H.E.L.P. Tutoring

Free

Join the Hollywood Education and Literacy Project of Puget Sound. This program offers study and learning skills developed by humanitarian and educator L. Ron Hubbard to eradicate the barriers to study so you can learn to do anything you desire in life. Please call 425-458-4366 to schedule a tutoring session.

Ages 6 and older

Instructor: Azi Colling

Location: Small Meeting Room

#9105	Tue	6 – 8 p.m.	9/19 – 12/12
	Thu	6 – 8 p.m.	9/21 – 12/14
	Sat	2 – 7 p.m.	9/23 – 12/16

Hawkeye Jeet Kune Do

\$60

An integrated personal defense system will be taught to interested individuals in a friendly, intensive environment. Physical skills will be drilled to achieve competency, and supervised sparring will be utilized to progressively integrate those skills into an aware, responsible attitude of self defense.

Ages 18 – 50

Location: Miller Annex – Gym

#8904	Wed	12:30 – 2:30 p.m.	9/23 – 12/28
	Sat	Noon – 2:00 p.m.	9/23 – 12/28

Yoga

\$95/ \$7 Drop-in

Ages 18 and older

Re-establish connection to the body with yoga. Explore how yoga can be a tool to improve quality of life and accomplish goals. Develop mind body awareness and mental clarity. By taking this class you will loose weight, increase flexibility, strengthen your body and reduce stress.

Instructor: Jill Shelby

Location: Multi-Purpose Room

#10121 9/19 – 11/9
T/Th 6:30 – 7:45 p.m.



Special Populations

"What's Cooking?" \$15/session

Learn the basic skills for preparing and cooking healthy meals. We will learn what's needed to prepare a meal from beginning to end and eat our finished meal. *Please call the Special Populations Office at 206-684-4950 to register.*

Age: 18 & Up

Mondays 6:30 – 8:30 p.m. 11/6 – 11/27

Location: Kitchen



Starlight Social

Free

Seattle Parks and Recreation Specialized Programs Section holds a weekly social for Adults (18 years of age - older) at Miller Community Center. If interested, please call 206-684-4950.

Wed 6:30 – 8 p.m. 10/4 – 12/6

Location: Multipurpose Room #1



More Information

For more Information on other programs for Youth/Adults with Disabilities, please call the Specialized Programs Office at 206-684-4950

Senior Adults

**Central East Senior Adult
Registration Information****Cheryl Brown, Recreation Specialist
206-233-7255****E-mail: cheryl.brown@seattle.gov****Spring Dates:** October 2 – December 15**No classes:** Nov 10, Nov 23, Nov 24**Please register:** Many classes require a registration minimum or have a small number of spaces available. Classes will be cancelled one week prior to the starting date if minimum enrollment is not met.**Class Registrations:** Begin September 18. Class times/dates/instructors are subject to change.**Please make checks payable to
City of Seattle****Mail payments to:** Senior Adult Programs, Attn: Cheryl – CE, 8061 Densmore Ave N, Seattle, WA 98103-4436**More Information:** For a complete list of Senior Adult Programs Citywide, please contact Senior Adult Programs at 206-684-4951 and request a brochure!**Tai Chi** **\$24 – 1 day/wk**

Learn slow and gentle meditative exercises that are good for stress, balance, concentration, and general physical well being.

Instructor: Ed Baxa

#11175 Thu 10:15 – 11:30 a.m. Miller CC

Drop In Bridge **Free**

Anyone can play! A great group of bridge players happy to teach and share this fun game! Just drop in!

Fridays

1 – 3 p.m.

**Korean Food and Fitness** **Free**

An opportunity for Korean seniors to congregate and celebrate their culture and language while learning to navigate American life. Lunch, social, educational and fitness programs and a food bank on Fridays.

Tue/Fri 10 a.m. – 1 p.m. Miller CC

**The Good, The Bad, and
The Yummy of Nutrition** **Free**

Learn about good fats, bad fats, healthy eating to lose and maintain weight, good food on a budget, and preparation tips and tricks to make all that nutritious food taste great. Lots of tasting!

Mondays 11 a.m. – Noon 10/16 – 11/6

**Healthy Eating
During the Holidays** **Free**

Plan ahead for the holidays and healthy eating. Learn to avoid the pitfalls of over indulging, too many sweets and just too much of everything with these tips, tricks, and great recipes!

Thu, Nov 16 11:30 a.m.
– 12:30 p.m. Miller CC**Escargot Hikers** **\$5**
transportation/walkExplore beautiful parks and trails in this hiking program. Hikes are usually about 3 miles followed by lunch on the trail (weather permitting). Be prepared for wet or muddy trails with appropriate clothing and footwear. Transportation is provided. **Registration is required; call 206-233-7255. Van pick-up from Miller at 9:45 a.m.; Return approx. 3 p.m.****All walks are on
Tuesdays.****Oct 3: Tiger Mountain Summit****Oct 24: Asahel Curtis Nature Trail****Nov 7: Trout Lake****Nov 21: Schmitz Park (5 – 6 miles)****Dec 5: Lakeridge Park**

Senior Adult Field Trips

Gig Harbor Quilt Show \$8

We have wanted to visit Gig Harbor and here is a great opportunity! A beautiful fall drive, a quaint seaside town, and quilts everywhere! Come explore with us! Lunch and any admissions on your own.

Fri, Oct 6 10 a.m. – 5 p.m. Reg. Sep 25

Alderbrook Inn on Hood Canal \$40

Enjoy a beautiful drive through fall splendor and lunch at the 5 star Alderwood Resort and Spa on Hood Canal. A delicious buffet lunch, a stroll around the craftsman style lodge and then a trip to famous Hunter Farms for the fall festival. Price includes lunch, tax and tip plus transportation. Hurry! Limited seating!

Fri, Oct 20 9:30 a.m. – 5 p.m. Reg. Oct 2

Remlinger Farms Harvest Tour \$8

Ride a steam train, see the farm animals, experience the pioneer's lifestyle, get lost in a hay maze and choose a pumpkin to keep. Admission is \$8 per person, plus lunch, both on your own.

Fri, Oct 27 9 a.m. – 5 p.m. Reg. Oct 16

Dead Sea Scrolls \$18

Explore the mystery of the Dead Sea Scrolls and the IMAX movie on ancient Greece. These thousand year old manuscripts written in Hebrew, Aramaic and Greek pre-date Christianity. Price includes admission, tour and film on exclusive "Seniors Only" day. Lunch on your own at Seattle Center House.

Wed, Nov 1 9 a.m. – 4 p.m. Reg. Sep 25

Tulalip Casino and Outlet Shopping \$8

Who can resist? A great buffet lunch and shopping at Seattle's Premium Outlet Stores...just in time for the holidays!

Or stay and play at the casino...your choice, a trip with something for everyone! Lunch on your own.

**Fri, Nov 3
10 a.m. – 4 p.m.
Reg. Oct 23**



Northwest Puppet Center \$5

See Q'we-ti: Tales of the Makah Tribe at the NW Puppet Center. "This has been our home since the beginning of time. The land and the sea gives us everything we need..." so begins the life-sized storyteller puppet as she recounts the tales of the trickster Q'we-ti, Raven and Basket Ogress. **Bring \$9 for admission and extra money for lunch (on your own).**

Fri, Nov 17 10 a.m. – 3 p.m. Reg. Nov 6

Bellevue Botanical Gardens \$6

Visit Bellevue Botanical Gardens by day, then we will have an early dinner (on your own) and some time for shopping in Bellevue. After the sun sets we will return to the Gardens to see the holiday light display.

Fri, Dec 8 2 – 7 p.m. Reg. Nov 27

Bremerton Winterfest \$15

The Bremerton Waterfront and downtown area has received a face lift and new energy. Come stroll with us at the towns Winterfest celebration and First Friday Art Walk. Guaranteed to put holiday cheer in your smile. Lunch on your own.

Fri, Dec 1 10 a.m. – 5 p.m. Reg. Nov 20

Poinsettia Festival \$6.50

There is no more beautiful holiday experience than the Molbak's Poinsettia festival. Decked out at every turn for the holidays, this gift shop and nursery are a site to behold! Lunch on your own at a local restaurant.

Fri, Dec 15 10 a.m. – 5 p.m. Reg. Dec 4

Trip Registration Information

Trip Registrations: phone-in only, 206-684-4240, 8 a.m. on the date listed.

Please make checks payable to City of Seattle and mail to: Senior Adult Programs, Attn: Central Sector, 8061 Densmore Ave N, Seattle, WA 98134-1336
Payment must be received 5 working days before departure.

Van picks up from Miller Community Center 15 minutes before trip time listed.

Medgar Evers Pool ■ 500 23rd Ave. ■ 206-684-4766

Fall Quarter 2006

Monday & Wednesday

- 6:30 – 8:30 a.m. Early Lap Swim/Masters Workout
- 11:00 a.m. – 3:00 **Lap Swim**
- 11:30 a.m. – Noon Kinder Lessons
- Noon – 1:00 p.m. Adapted Water Exercise
- 1:00 – 2:00 p.m. Pool Playland
- 4:00 – 5:00 p.m. Public Swim (Shallow end only)
- 5:30 – 8:00 p.m. **Lap Swim**
- 5:00 – 6:00 p.m. Youth Lessons (6 & up)
- 6:00 – 6:30 p.m. Kinder Lessons (4 – 5 years)
- 6:00 – 6:45 p.m. Aqua Jogging
- 6:30 – 8:00 p.m. Public Swim

Tuesday & Thursday

- 11 a.m. – 3:00 p.m. **Lap Swim**
- 11 – 11:30 a.m. Parent/Tot Lesson
- 11:30 – noon 3 Year Old Lesson
- Noon – 1:00 p.m. Pool Playland
- 4:00 – 5:00 p.m. Public Swim (Shallow end only)
- 5:00 – 6:00 p.m. Youth Lessons (6 & up)
- 5:30 – 8:00 p.m. **Lap Swim**
- 6:00 – 6:30 p.m. Kinder Lessons/Adult Lessons
- 6:30 – 7:00 p.m. 3 Year old/Tot Lessons
- 7:00 – 8:00 p.m. Shallow Water Exercise/Masters Workout

Friday

- 6:30 – 8:30 a.m. Early Lap Swim/Masters Workout
- 11 a.m. – 2:30 p.m. **Lap Swim**
- Noon – 1:00 p.m. Pool Playland
- 4:00 – 5:30 p.m. Public Swim (Shallow end only)
- 5:30 – 6:30 p.m. **Lap Swim**
- 5:30 – 6:15 p.m. Aqua Jogging
- 6:30 – 7:15 p.m. Diving
- 6:30 – 8:00 p.m. Public Swim

Dive-In Movie Schedule

Swimming fun for the whole family. Enjoy swimming with all the lights out while watching a family-appropriate film! Popcorn will be sold for a dollar.

All Movies are rated PG

- Fri, Sept 22 Robots
- Fri, Oct 27 The Simpson's Halloween Specials
- Fri, Nov 17 Over the Hedge
- Fri, July 21 Cars



Saturday

- 8:30 – 5:00 p.m. **Continuous Lap Swim**
- 9:00 – 10:00 a.m. Water Exercise
- 10:00 – 11:00 a.m. Family Float Swim
- 11:00 – 11:30 a.m. Kinder/Tot Lessons
- 11:30 – noon Beg/Adv. Youth Lessons
- 12 – 12:30 p.m. 3 Year Old/Adult lessons
- 12:30 – 1:00 p.m. Private lessons/special population
- 1:30 – 2:50 p.m. Public Swim
- 3:00 – 3:30 p.m. Youth Lessons (6 and older)
- 3:30 – 4:00 p.m. Kinder Lessons (4 – 5years)
- 4:00 – 5:00 p.m. Public Swim (shallow only)

Medgar Evers pool is available for private splash parties, please contact the pool for available times and fees. 684-4766.

Recreational Swim Program Fees

Under 1 year	Free
Children (1-18 years)	\$2.75
Adults (19 & Over)	\$3.75
Sr. Adults/Sp. Pop	\$2.75
Recreational swim card	\$20.00

Water Fitness Program Fees:

Water Exercise/Aqua Jog	\$4.75
Senior Water Exercise/Aqua Jog	\$3.00
Fitness swim card	\$30.00
Adult FAST Pass	\$45.00
Senior/Disabled/Youth FAST Pass	\$35.00

Fall Quarter 2006

Recreational Swim Programs

***Early Morning Lap Swim** - Swimmers follow a posted set of lap swimming guidelines. Open to anyone who can swim lengths of the pool. Program admission is by swim ticket only.

Lap Swim - Lap swimming. At least 2 and usually 3 Lap Lanes will be available. Swimmers please follow the posted set of lap swim guidelines. Open to any age that can swim lengths. This program is offered in conjunction with other swims in the pool at the same time.

Masters Workout - A swim team workout for adults. Let our swim instructors get you in shape. Get an invigorating workout, while receiving stroke and turn tips from the experts.

Public Swim - Recreational swimming for all ages. Children who are not at least 4' tall and who are under 6 years of age must be accompanied into the pool by an adult.

Family Float Swim/Pool Playland - Recreational swimming for the whole family. All ages may participate; however, parents must accompany children under the age of 18 into the pool.

Redwood Cedar Sauna - The Sauna is available during all of our hours of operation. Children under 18, must be accompanied by parent.

Weight Training Area - The Universal weight machines, Smith Machine, & free weights are available for use during all operating hours. Check out a weight pin from the cashier. For Adults 18 and over. Fee is \$1 with swim admission & \$2 without

Fitness Programs

Water Exercise - Increase your flexibility and your range of motion in this low impact aerobic class. This is a terrific exercise program for all ages and abilities. Especially helpful to seniors and patients recovering from injuries.

Adapted Water Exercise - Primarily for seniors or those seeking joint mobility and flexibility, our instructors will help improve your quality of life. Class is set to relaxing big band and contemporary music.

Deep Water Aqua Jogging - This is a great way to experience the benefits of a really good run, without the harmful impact of the real thing. Perfect for athletes who are recovering from injuries. Participants in this program must be comfortable in deep water.

Financial assistance for children's swimming lessons is available. Please contact the pool for more information.

Swimming Lesson Programs

Parent Tot Swimming Lessons - 6 Months to 4 years

This class teaches basic water adjustment through more advanced swimming skills with an emphasis on enjoyment and relaxation.

Three Year Old lessons

Just for our three year old patrons! Parents watch from the deck while an experienced instructor teaches their child important skills needed to be comfortable in the water.

Kinder Lessons - Ages 4 & 5 years

Water adjustment, basic swimming skills as well as more advanced American Red Cross techniques are introduced and taught. Students are placed in small class groups, then divided into ability levels.

Beginning Youth Lessons - Ages 6 to 13 years

American Red Cross swimming lessons, skills taught begin with water adjustment for the novice and end with crawl stroke and deep water skills. Some optional diving techniques are also included.

Advanced Youth - Ages 6 to 13 yrs

These lessons are for advanced students who are comfortable swimming lengths of the pool, and have strong floatation and crawlstroke skills.

Adult Lessons - Ages 13 and up

Novice through more advanced levels of instruction. The classes are tailor made to the students needs. Special gentle attention given to those adults who are aqua phobic.

Birthday & Splash Party Rentals

Medgar Evers Pool is available for your private rental. For more information call, 684-4766

How To Register For Lessons

Simply come to the pool cashier in the lobby during open hours and fill out a registration form and pay the class fee. Registration is done on a first come first served basis.

Learn To Swim

Through the 2000 Pro Parks Levy, the citizens of Seattle voted to provide funding for a free session of swimming lessons to all 3rd and 4th graders in the City of Seattle. More information is available at www.seattle.gov/parks/aquatics/learn-to-swim.htm



Community Phone Numbers

Recreation Information

Public Information	684-8020
Compliments/Concerns ..	684-4837
Ballfield Rainout Hotline	233-0055
Environmental Stewardship	733-9701
Field/Tennis Court Scheduling	684-4077
Group Field/Tennis Court Scheduling	684-4082
Picnic Scheduling	684-8021
Teen Program Advocate.	684-7136
Teen TREC Program	684-7097

Community Services

Chamber of Commerce ...	686-3221
Capitol Hill Neighborhood Svc Ctr 684-4574	
Police — East Precinct..	684-4300
Police — West Precinct.	684-8917
Metro Transit Rider Info	553-3000

School Information

Garfield H.S.	252-2270
Leschi	252-2950
Lowell	252-3020
MLK	252-2900
Madrona	252-3100
Meany Middle	252-2500
Montlake	252-3300
St. Joseph's	329-3260
Stevens	252-3400
T.T. Minor	252-3230
Topps	252-3510
Transportation	252-0900

*ELC = Environmental Learning Center

Sports Information

Amy Yee Tennis Center ..	684-4764
Athletic Field Scheduling	684-4077
Capitol Hill Soccer	675-0397
Central Area Panthers Football	853-3181
Citywide Adult Athletics..	684-7092
Citywide Youth Athletics .	684-7091
Field/Tennis Court Scheduling	684-4077
Garfield Little League....	721-3534
Montlake Little League .	853-3181

Special Programs

Senior Adult Programs Citywide	684-4951
Central East	233-7255
Special Populations (Youth/Adult)	684-4950

Special Interests

Aquarium	386-4320
Asian Art Museum	654-3100
Camp Long ELC*	684-7434
Carkeek Park ELC*	684-0877
Daybreak Star Cultural Arts Center	285-4425
Discovery Park ELC*	386-4236
Green Lake Small Craft Center... ..	684-4074
Langston Hughes Performing Arts Ctr..	684-4757
Mt. Baker Rowing & Sailing Center	386-1913
Seward Park ELC*	684-4396
Woodland Park Zoo	684-4800

Community Centers & Pools

Alki CC	684-7430
Ballard CC	684-4093
Ballard Pool	684-4094
Bitter Lake CC	684-7524
Colman (Summer only) ..	684-7494
Delridge CC	684-7423
Evans Pool	684-4961
Garfield CC	684-4788
Green Lake CC	684-0780
Hiawatha CC	684-7441
High Point CC	684-7422
Jefferson CC	684-7481
Laurelhurst CC	684-7529
Loyal Heights CC	684-4052
Madison Pool	684-4979
Magnolia CC	386-4235
Meadowbrook CC	684-7522
Meadowbrook Pool	684-4989
Medgar Evers Pool	684-4766
Miller CC	684-4753
Montlake CC	684-4736
Mounger (Summer only) ..	684-4708
Northgate CC	386-4283
Queen Anne CC	386-4240
Queen Anne Pool	386-4282
Rainier CC	386-1919
Rainier Beach CC	386-1925
Rainier Beach Pool	386-1944
Ravenna-Eckstein CC ...	684-7534
Sand Point CC	684-4946
South Park CC	684-7451
Southwest CC	684-7438
Southwest Pool	684-7440
Van Asselt CC	386-1921
Yesler CC	386-1245

Facility Rental Information

Miller Community Center

Rent Miller Community Center for birthdays, weddings, meetings, dances, family reunions, seminars, craft shows, and other events.

Cal Anderson Shelterhouse

1635 11th Ave

The Miller Community Center - Cal Anderson Shelterhouse is available for rent on availability. The shelterhouse is available for the community to hold meetings, activities, and small parties. Maximum capacity is 45 people.

Rates and Availability

Contact Miller Community Center Staff at 206-684-4753 for cost and availability. If neither Miller Community Center nor Cal Anderson Shelterhouse suits your needs, visit the Seattle Parks and Recreation web site at <http://www.seattle.gov/parks/reservations/Facrental-guide.htm>. There are over 20 great locations that can be rented throughout the Parks Department!

General Information

You can make a difference!

The Miller Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Miller's Advisory Council is always looking for new members. Meetings are held on the third Wednesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Rainier Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact Thavy Pen at 206-684-4753.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Register Online!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks, where you can find our seasonal brochures and register for many of our courses online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about rentals, please view our facility rental brochure (<http://www.seattle.gov/parks/rentals/Facrentalguide.htm>).

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for youth/adults with disabilities, please call 206-684-4950.



Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Registration Form

Please fill out form completely and return with payment to:

Miller Community Center
330 19th Ave E
Seattle, WA 98112

For additional information, please call 206-684-4753

No additional confirmation will be sent; please refer to the program brochure for start date and times.

Payee Information			
Name		Relationship to Participant	
Address		City	ZIP
Home Phone		Other Phone	
Work Phone		E-mail Address	
Method of Payment			
<input type="checkbox"/> Credit Card	Type of card <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> American Express <input type="checkbox"/> Debit Card		
<input type="checkbox"/> Cash <input type="checkbox"/> Check	Credit Card Number		Expiration Date

General Waiver

☐ Yes, the following registered participant(s) may be photographed for use in Miller Community Center publications. I hereby give my consent for the below named participant(s) to participate in the program(s) listed below being conducted or co-sponsored by Seattle Parks and Recreation and Miller Advisory Council, and I declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Miller Advisory Council, or any of their employees or volunteers responsible for any injuries, damage, or personal loss incurred while participating in said program(s).

Participant Registration						
Class Title	Day(s)	Time	Fee	Participant's First & Last Name	Birth Date	Sex

Complete credit card payment information or make checks payable to: **City of Seattle**

Mail to: **Miller Community Center, 330 19th Ave E, Seattle, WA 98112**